
From: Coats, Janetta
Sent: Thursday, September 14, 2017 2:35 PM
To: Bryan, David; Burrus, Sheila; Collier, Deanna; Deyoe, Jeremy; Dunbar, Bill; Flores-Gregg, Paula; Ford, Jeremy; Houston, Pamela; Kerr, Michelle; Leos, Valmichael; Maynard, Katy; McKinney, Jason; Murray, Annah; Ofosu, Philip; Ohl, Matthew; Ortiz, Eduardo; Pollock, Devin; Rogers, Joan; Ropski, Carol; Sanders, LaTonya; Stevens, Jim; Stowell, Jacob; Swatts, Darriel; Tates, Samuel; Taylor, Maren; Urban, Trevor; Vaughn, Gloria; Villaneda-VanVloten, Isabel; Villarreal, Chris; Watson, Linda (R3); Wilson, Wenona; Zieba, Kyle
Subject: STRESS TIPS!

HELLO TO ALL:

A few quotes to share!

Remember that stress doesn't come from what's going on in your life. It comes from your thoughts about what's going on in your life.--Andrew J. Bernstein

Adopting the right attitude can convert a negative stress into a positive one.--Hans Selye

Sometimes the most important thing in a whole day is the rest we take between two deep breaths.--Etty Hillesum

HAVE A GREAT DAY!

Janetta Coats
HURRICANE HARVEY COMMUNITY LIAISON LEAD

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